

OH

M A G A Z I N E

MAY/JUNE 2011



Dear OH Readers,

Summer is upon us and just as the seasons change, we all need a little help staying or getting back on track once in awhile. Tracking your food intake, your activities, and body measurements, can be an important aspect of your weight loss journey. Have you been taking advantage of the OH (ObesityHelp) Health Tracker? If not, I invite you to sign on to your OH profile or join as a member. Your free membership and profile allows you access to the Health Tracker as well as many other tools to help you along your weight loss journey. You can share your journey with your peers, or choose to keep your journey exclusive to your eyes only.

There are many other tools to help you stay on track. In the Community section of ObesityHelp.com, you can join a "Stay On Track" OH group, or a group that best supports your journey, or you can start a group of your own. And don't forget to browse the many forums that have been designed to support, inspire, and inform you.

Last but not least, I encourage you to blog your journey on your OH profile. Blogging is a great way to keep you accountable and to give back to the community. Your words, insights, and thoughts can make a difference in another OH community member's journey. Sometimes, it just helps to know you are not alone. Support others, stay on track, and blog away! See you online...until the next issue of OH Magazine.

Have a happy and healthy Summer!

Tammy J. Colter

Editor-In-Chief

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